Culinary Arts Framework

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| --- | --- | --- | --- | --- | --- |
| Framework number and letter | Big Idea | Essential Question | Concept | Competencies | Standards |
| 1a | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Food and nutritional information needs to be interpreted by the consumer. | Analyze recipe for nutrient value. | [11.3.12.C](http://www.pdesas.org/Standard/StandardsBrowser#27788?cf=y ) |
| 1b | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Nutrients are used in the body’s physiological processes. | Explain the breakdown of foods and absorption of nutrients by the body. | [11.3.12.E](http://www.pdesas.org/Standard/StandardsBrowser#27790?cf=y ) |
| 1c | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of scientific principles in food processing, preparation and packaging has expanded the availability of the global food supply. | Investigate how technology has expanded our food supply, food use and distribution. | [11.3.12.G](http://www.pdesas.org/Standard/StandardsBrowser#27792?cf=y ) |
| 1d | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of current food science research will influence the food supply. | Investigate the governmental, economic, & technological influences on food choices & practices. | [11.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#27786?cf=y ) |
| 1e | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Meal planning principles can be tailored to meet the needs of individuals across the lifespan. | Apply principles of food production to maximize nutrient retention in prepared foods. | [11.3.12.F](http://www.pdesas.org/Standard/StandardsBrowser#27791?cf=y ) |
| 1f | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The government plays a role in safeguarding the food supply. | Analyze federal, state,and local inspectionand labeling systems that protect the health of individualsand the public. | [11.3.12.B](http://www.pdesas.org/Standard/StandardsBrowser#27787?cf=y ) |
| 1g | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Food and nutritional information needs to be interpreted by the consumer. | Assess the influence of socioeconomic & psychological factors on food choice, nutrition & behavior. | [11.3.12.C](http://www.pdesas.org/Standard/StandardsBrowser#27788?cf=y ) |
| 1h | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Meal planning principles can be tailored to meet the needs of individuals across the lifespan. | Utilize menu-planning principles to develop & modify menus to meet a variety of nutritional needs. | [11.3.12.F](http://www.pdesas.org/Standard/StandardsBrowser#27791?cf=y ) |
| 1i | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Food and nutritional information needs to be interpreted by the consumer. | Adapt favorite meals/recipes to improve nutritional content while controlling costs. | [11.3.12.C](http://www.pdesas.org/Standard/StandardsBrowser#27788?cf=y ) |
| 1j | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Diets can be modified to improve health conditions. | Examine the relationship between health and diet across varied cultural and religious groups. | [11.3.12.D](http://www.pdesas.org/Standard/StandardsBrowser#27789?cf=y ) |
| 1k | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Nutrients are used in the body’s physiological processes. | Examine the chemical conversion of food to energy. | [11.3.12.E](http://www.pdesas.org/Standard/StandardsBrowser#27790?cf=y ) |
| 1l | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of scientific principles in food processing, preparation and packaging has expanded the availability of the global food supply. | Explore how foods are developed for specific populations and situations. | [11.3.12.G](http://www.pdesas.org/Standard/StandardsBrowser#27792?cf=y ) |
| 1m | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Meal planning principles can be tailored to meet the needs of individuals across the lifespan. | Create and evaluate a meal plan that is designed to meet specific nutritional needs across the lifespan. | [11.3.12.F](http://www.pdesas.org/Standard/StandardsBrowser#27791?cf=y ) |
| 1n | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Food and nutritional information needs to be interpreted by the consumer. | Analyze sources of food & nutrition information, including food labels, related to health & wellness. | [11.3.12.C](http://www.pdesas.org/Standard/StandardsBrowser#27788?cf=y ) |
| 1o | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of current food science research will influence the food supply. | Analyze how changes in national & international food production & distribution systems influence the food supply and its safety. | [11.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#27786?cf=y ) |
| 1p | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Diets can be modified to improve health conditions. | Conduct a nutritional analysis of dietary intake for a current health condition. | [11.3.12.D](http://www.pdesas.org/Standard/StandardsBrowser#27789?cf=y ) |
| 1q | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The government plays a role in safeguarding the food supply. | Describe the government’s role and responsibility in regulating and protecting the food supply. | [11.3.12.B](http://www.pdesas.org/Standard/StandardsBrowser#27787?cf=y ) |
| 1r | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Food and nutritional information needs to be interpreted by the consumer. | Identify ways to obtain a healthy diet on a limited budget. | [11.3.12.C](http://www.pdesas.org/Standard/StandardsBrowser#27788?cf=y ) |
| 1s | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of current food science research will influence the food supply. | Describe the effects of food science & technology on our understanding of nutritional needs. | [11.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#27786?cf=y ) |
| 1t | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Diets can be modified to improve health conditions. | Suggest modifications to the diet for a specific health condition. | [11.3.12.D](http://www.pdesas.org/Standard/StandardsBrowser#27789?cf=y ) |
| 1u | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of current food science research will influence the food supply. | Hypothesize how food engineering and technology trends will influence food supply in the future. | [11.3.12.A](http://www.pdesas.org/Standard/StandardsBrowser#27786?cf=y ) |
| 1v | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | The application of scientific principles in food processing, preparation and packaging has expanded the availability of the global food supply. | Examine fortified foods. | [11.3.12.G](http://www.pdesas.org/Standard/StandardsBrowser#27792?cf=y ) |
| 1w | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Food and nutritional information needs to be interpreted by the consumer. | Evaluate the validity of nutritional claims from various sources. | [11.3.12.C](http://www.pdesas.org/Standard/StandardsBrowser#27788?cf=y ) |
| 1x | Nutrition, eating habits and preparation choices impact overall health and wellness throughout the lifecycle at individual and societal level. | |  | | --- | | How are nutrients affected by the methods of processing, preparing and storing food? | | How do meals need to be adapted or planned to meet the specific needs of family members? | | How do we interpret nutritional labeling? | | How do we judge the reliability of food and nutrition information? | | How is food broken down and absorbed by the body? | | What actions might the government agencies need to take in the future to protect our food supply? | | What advances in processing and packaging have affected our food supply? | | What do government agencies currently do to protect our food supply? | | What factors affect the body’s absorption of nutrients? | | What is a sustainable diet? | | What is the connection between food and energy? | | How can a person evaluate the validity of popular diets? | | What type of health issues might affect meal planning over the lifespan? | | Why is planning meals important? | | How can a person evaluate the validity of popular diets? | | How can bio-engineered foods become more nutritious? | | How can consumers evaluate the positives and negatives of food engineering? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How can diets be modified to prevent and/or treat chronic health conditions? | | How do bio-engineered foods increase the quantity and quality of the food supply? | | How do cooking methods influence the nutritional value of foods? | | Meal planning principles can be tailored to meet the needs of individuals across the lifespan. | Demonstrate cooking methods that increase nutritional value, lower calorie and fat content, & utilize herbs & spices to enhance flavor. | [11.3.12.F](http://www.pdesas.org/Standard/StandardsBrowser#27791?cf=y ) |